

HOME GYMNASIUM FOR WOMEN

BY PAULINE FURLONG



NO. 46-INDIGESTION.

Exercise and diet for the treatment of various diseases cannot be overestimated, and they are the most important methods at our command. They have been grossly misunderstood and misapplied by those who are not willing to try or believe in them, and also by many physicians, who consider it beneath their dignity or entirely foreign to their line to prescribe them. Exercises should be indulged in regardless of your desire to develop or reduce, and should be so selected as to stimulate the vital organs, such as the heart, lungs, stomach, liver and skin, and not merely the legs and arms, which are in constant use during our daily duties.

This daily activity of the important organs, by a few minutes' exercises, sends the sluggish blood circulating rapidly through the body and tissues, and aids in expelling the waste and poisons from it. Only through these simple precautions are we enabled to keep the system clean and in such condition as to be immune from germs and diseases, even of a contagious nature.

Muscular strength does not necessarily mean great constitutional strength, and, on the contrary, often causes the organs and blood to become impoverished and lowers the vitality to a great extent.

Most diseases are merely the frantic effort of the system to expel the poisoned waste matter from it, and when the body is not exercised the vital organs and muscles become feeble and incapable of ridding the system of this retained waste matter.

Take as an example indigestion. What are the symptoms and what is the cause? Indigestion does not always mean faulty digestive organs, but ones that have been taxed beyond their strength by wrong combinations of foods or too much or both. Indigestion and overeating are the greatest troubles with which the doctors of the present day have to combat, and most all serious illnesses have their origin from them. Such common complaints as sore throat, canker sores, nose or bad taste and coated tongue, headache, flatulence, dizziness, blurred vision, ringing in the ears, drowsiness, pimples, blackheads, cold hands and feet, insomnia, great thirst and many others are caused by indigestion, and all of these may be speedily overcome by a few weeks' intelligent eating and daily outdoor deep breathing and exercising.

When the body is fatigued the food cannot be digested, and if taken at this time becomes putrid within the alimentary canal, an indigestion requires a great outlay of energy. It is therefore not wise to eat when you are tired, nor for some time after exercising.

If you are determined to overcome indigestion and all of its uncomfortable symptoms the first thing to do is to remove the cause. If it is from excessive use of alcohol, tobacco, tea or coffee discontinue the use of them for a few weeks and watch the results. If over-eating or bad combinations of foods causes the indigestion a fast of several days to give the over-worked stomach a much needed rest, followed by a simple, wholesome diet, will overcome the most obstinate case within a short space of time.

Trunk exercises for indigestion are highly beneficial, causing as they do a rapid flow of blood to the feeble digestive organs. To-day's illustration, a body bending exercise, is recommended for indigestion and will help reduce the obese abdomen caused by too much food. Take your position with the body erect and lungs

Rockefeller Plan in Effect.
DENVER, Nov. 2.—The plan devised by John D. Rockefeller Jr. and the representatives of the employees of the Colorado Fuel and Iron Company became effective to-day when notices of the scale of wages, the working conditions and the list of offenses for which the men must be suspended or discharged without notice were posted at each of the mines of the company in Colorado and Wyoming.

World Ads. Outclass All Competitors in Listing Business Bargains:

During the Last 10 Months

59,099

"BUSINESS OPPORTUNITY"
Advertisements Were Printed in

The World.
11,979

More Than in All the 6 OTHER New York Morning and Sunday Newspapers ADDED TOGETHER!

Offers that made it possible for one to secure a store, market, hotel, restaurant, garage, partnership interest, &c., for much less than it was actually worth.

Read World Ads. for the
Best Opportunities Always!

Readers of Miss Furlong's articles are invited to write to her, in care of The Evening World, requesting information that will aid them in following her illustrated lessons.

Letters From Evening World Readers Following Miss Furlong's Lessons.

MRS. T. E. W. writes: "My friend lost eighteen pounds in nine weeks and I want to try the exercises and diet, so I can do the same. How can I get them? What is good for callousness on the soles of the feet? I stand and walk all day. I am five feet seven inches tall and weigh 150 pounds. Will you please state in the paper what my measurements should be?"

Send me twenty-five cents and repeat your question and I will mail you the exercises and diet for reducing. Bathe the feet in hot, soapy water for ten minutes and then cut the callous spots off with a sharp pointed, sterilized knife. Then rub them with nuffin talcum. This will remove the most obstinate case. Wear felt pads on the soles of the feet. For your height you should weigh not over 150. Fore arm, 10 1/2; upper arm, 11 1/2; neck, 12 1/2; chest, natural, 34; bust, 38; waist, 27; hips, 39 1/2; thighs, 23 1/2; calf, 14 1/2; ankle, 8 1/2; wrist, 6 1/2.



Stern Brothers

42nd and 43rd Streets, West of Fifth Avenue

Women's Knitted Underwear

is shown on the Main Floor, in very large assortments of seasonable weights of Silk, Silk and Wool, Wool, Merino and Balbriggan from the leading English, Swiss and American manufacturers, at reasonable prices.

THESE LOW PRICES FOR WEDNESDAY

Lisle Thread Swiss Ribbed Vests, at 28c
Glove Silk Vests, pink or white, \$1.25
White Cotton Ribbed Combination Suits, in knee or ankle length, at 65c
White Cotton Ribbed Combination Suits, French band tops, knee or ankle length, at 95c
Glove Silk Combination Suits, with French band tops, embroidered fronts, lace trimmed, \$3.45

Women's Hosiery

PRICED APPRECIABLY LOWER THAN USUAL

Black Lisle Stockings, medium weight; extra reinforced soles and heels, - - - pair 32c
Black or White Silk Stockings, made with unusually serviceable lisle soles, heels and tops; medium weight, - - - pair 62c
Black Silk Stockings, superior quality; made with double tops and extra spliced soles, - pair 90c
Novelty Silk Stockings, in a variety of styles, including striped and checked designs, - pair 83c

Fancy Needlework Novelties

VERY SPECIAL FOR WEDNESDAY

Brocaded Silk Articles

Variouly trimmed with lace or gold galloon.

Picture Frames, 75c
Engagement Pads 1.00
Candy Boxes, - 1.25
Hat Stands, - 1.25
Portfolios, - - 1.25
Cracker Jars, - \$1.50
Work Boxes, - 1.75
Trays, - - - 1.95
Comb Boxes, - 2.25
Desk Sets, - - 4.00
Shirred Silk Pillows, (floss filled), - - - \$2.65
Velour and Tapestry Pillows (round), - - 3.95
Velour and Tapestry Scarfs, - - \$2.75 to 5.00

High Grade Sewing Machines

ON THE FOURTH FLOOR

AT ATTRACTIVE PRICES.

New "Sit Straight" Sewing Machines, \$25

The treadle is directly below the needle, permitting the operator to maintain a perfectly straight position. The machines are ball bearing with long shuttle and automatic tension; stand has six drawers.

"Sit Straight" Rotary Machines, at \$27.50

"Monarch" Ball Bearing Machines, " \$18.00

Other Models - - - from \$12.75 to 60.00

GIMBELS---The Inspiration of "Progress"!

IN GIMBELS "Progress" has a goal, a definite, decisive objective point. That seeks to give the retail shopping public the best and most for its money. "Progress" at GIMBELS is variously exemplified:

1. It is shown in the splendid store building.
2. It is shown in the dominant perseverance and accomplishments of a highly specialized organization.
3. It is shown in the continuous gathering of new and desirable merchandise from

"Progress" is the spirit of the GIMBEL store. It is the motive power that gives its money, not only in merchandise, but in the service rendered.

4. It is shown in the Authoritative Fashion Service that the GIMBEL store renders its patrons.
5. It is shown in the tremendously increased business.
6. It is shown in the fairness of the pricing of the merchandise.

Special Home Furnishing Sales at GIMBELS!

"Progress"—French and Belgian Filet Lace Panel Window Curtains, Reduced 25%

IT is a twelve-month now since any panels or curtains have reached this side of the water. We cannot duplicate what we have, and the quantities have now come down to 1, 2, 6 or even 10 of a kind. Hence the reductions.

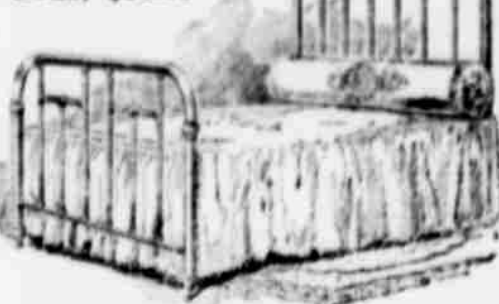
Were \$11.50 to \$60. Now \$8.50 to \$40

The collection comprises Filet, Cluny, Venice and embroidered motifs, mounted on scrim. Widths vary from 36 to 54 inches.

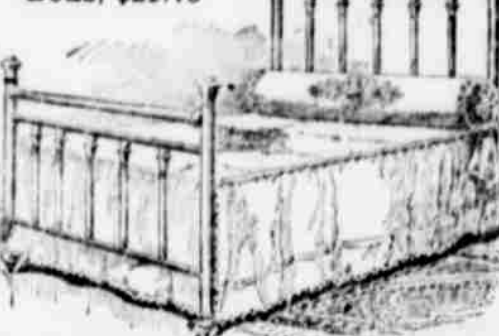
100 Real Filet Lace Bed Spreads Remarkably Good Values at \$23.25 to \$50 Upholstery and Drapery Fabrics

A really magnificent stock, unequalled for variety.
\$1 Tapestries reduced to 85c
\$4.75 Tapestries reduced to \$3.75
\$3 Double-face Velour for \$2.65
\$3.75 Imported Striped Velour, \$3.25
\$4.75 Imported Striped Velour, \$3.75
\$1.50 to \$8 Damask, 95c to \$4
\$1.50 Reversible Armure, at 95c
85c Imported Craftsman Canvas, 60c
\$1.85 Imported Craftsman Canvas, \$1.25
GIMBELS, Sixth Floor

\$20 Brass Beds, \$14.75



\$30 Brass Beds, \$21.75



"Progress" \$350 "Ritz-Carlton" Bedroom Suites for \$200

This is one of the most remarkable and most universally admired suites we have ever had in the store. It is an exact reproduction of a magnificent POOLEY-made suite to be found in the bedrooms of the luxurious Ritz-Carlton Hotel in New York. Five-Pieces, including twin beds, in carved mahogany, French grey, or old ivory finish, with hand-painted floral ornaments.

GIMBELS, Seventh Floor

"Progress"—Introducing the World's First Oval Wilton Rug, \$55

THE "Bundhar"—originated by Hardwick & Magee—first shown at GIMBELS—Room size. "Bundhar" Oval Wilton Rugs are particularly beautiful in their sweeping lines and designs, being exquisite in conception, most admirable in their workmanship and exceptionally durable. As a decorative foundation they cannot be excelled at a moderate price.

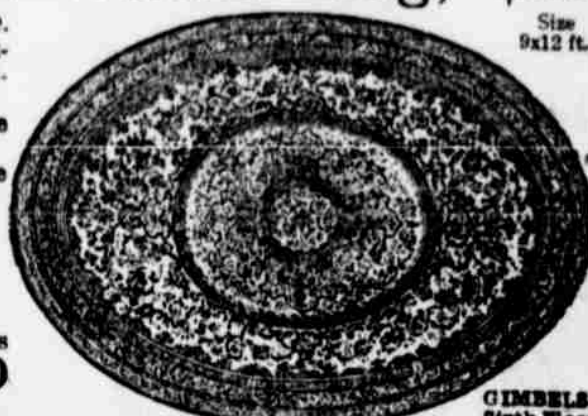
- 1—They fit up into the bay window—small rugs are unnecessary.
- 2—Permit the hardwood flooring to garner its share of admiring glances.
- 3—Afford pianos the bare flooring space so necessary to insure pure tones.
- 4—No corners to turn under to accommodate the corner fireplace.
- 5—In many respects labor savers.

Room-Size Bigelow-Hartford Axminsters,

Size 8.3x10.6, \$22.50; Size 9x12, \$25

Just received from the mill, in some of the richest color effects and finest medallion and other designs ever created. \$43.9x12 Savalan Wilton Rugs, Special at \$33.50

Very high grade worsted, exceptionally handsome and durable, in attractive patterns.



GIMBELS, Sixth Floor

"Progress"—\$17.50 Electric Lamps, Now \$14.50

AS illustrated. Cast metal standards and shades, with overlay tracery on art glass. Two lights. Others reduced from \$20 to \$17.50 and \$19 to \$17.50.
\$11.50 Electric Lamps, \$8.50
Carved wood standard, gilt, with 18-inch silk shade.
\$18.50 Electric Lamps, \$11.50
Carved standard of solid mahogany, with two lights and 18-inch French silk shades.
\$17.50 Electric Floor Lamps, \$12
Solid mahogany, white enamel, French gray or ivory finish. Have 22-inch deep box-shaped Empire shades in various colors.
GIMBELS, Fifth Floor

"Progress"—\$2 Hand-Colored Pictures Reduced to \$1

HEADS, figures and popular landscapes, oval or square burnished antique frames. Glass size 12x16 inches.
\$5 to \$35 Impressionist pictures, Photo-gravures and Mezzotints. Now \$3 to \$15
In artistic burnished antique frames, and ranging in size from 6x8 inches to 16x20 inches.
\$12 English Oil Paintings, Now \$5.
\$3.75 to \$50 Mirrors, reduced to \$2 to \$15
\$7.50 Roccoco Scene Mirrors, \$2.50
Perfect but for slight cracks in the ornamentation of the frames.
Glass, size 12x16 inches.
\$1.50 to \$12 Photos and Carbonettes, \$1 to \$8
GIMBELS, Sixth Floor

"Progress"—In the Great GIMBEL November Sale of Housewares

\$32.50 Kitchen Cabinets, \$27



Aluminum Kitchen Sets, 75c



\$1 White Enamel Stools, 75c

Round top, spindle braced, rubber floor protectors.

\$2.50 White Enamel Stools, 75c

With underself and 16-inch square top, at \$1.50.

\$2.50 White Enamel Stool, with height, 5 1/2 feet; square post and nickel hooks; at \$1.75.



\$8.70 "Wear Ever" Aluminum Set, \$6.75

Seven pieces, as illustrated. Judge the size of the pieces from the tea kettle, which is 5-qt. size.

Vacuum Washers, 40c

Worth fully \$1, and were originally sold for \$3.50. Sold without sticks.

\$5 Electric Grills, \$3.75

With broiler and fry pan. Roasts, toasts, boils and broils.

\$5 Electric Dish Stoves, \$4.25

6-in. size, complete with cord and plug, at \$4.25.

\$3 Electric Irons, \$2.25

6-lb. weight, with 6-ft. flexible cord and indestructible 7-point contact plug.

3-lb. "Mescro" Irons, regularly \$3. Right size for traveling; cord and plug; at \$2.50.

\$1.75 Casseroles, \$1.25



\$1.25 Pie Plate, \$1.00

10-inch, fireproof, with nickel-plated frame and side handles.

\$6 Percolating Coffee Machines in nickel or copper finish.

With regulating alcohol lamp. At \$4.75.

\$8 Chafing Dishes, 3-pint size, white enamel food pan. At \$4.50.

\$1.25 Serving Trays, 12-inch, round, in nickel or copper finish. At 95c.

\$1 Coaster Sets, 7-pieces. 10- inch tray and coasters to match. Porcelain centres. At 65c.



Richly decorated on porcelain, and complete with rack. Regularly \$6.70.

"Betty Bright" Alumi- num Combination Cooking Pot, \$1.95

Takes the space of one utensil, but makes up into a 6-qt. covered cooking pot, a double roaster, a double cereal cooker, a colander, a pudding pan, a covered baking dish and a double steamer.

\$1.25 Mayonnaise Mixers, 95c

Diameter seven inches, with regulating oil dropper.

\$1.15 Kitchen Chair, 90c

Extra strong and nicely varnished.

\$1.50 Folding Clothes Driers,

with 35 ft. of drying space, at \$1.20.

Drop Leaf Tables, golden oak finish: 3-ft. size, at \$3.20.

\$2.25 Burrows Card Tables, folding, 30 inches square; felt top; at \$1.75.

\$1.75 Step Ladders, combined with chair, at \$1.35.

Galvanized Ware

\$2.50 Rotary Ash Sifters to fit on top of ash can. At \$1.65.
\$1.45 No. 7 Ash Cans, with iron strip binding. At \$1.15.
\$1.55 No. 8 Ash Cans, with iron strip binding. At \$1.25.
GIMBELS, Fifth Floor

Broadway and Thirty-third Street